

Counselling The Person Beyond The Alcohol Problem Intersubjective And Self Psychological Pathways To Human Understanding

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Counselling for Alcohol Problems - Richard Velleman 2011-01-18

Counselling for Alcohol Problems, third edition, is a practical and bestselling guide to working with people who have problems with their use of alcohol. It is the key book recommended by most alcohol counselling courses in the UK, including the Scottish national alcohol counsellors training scheme. The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual, attempting to understand and therefore enable the client to understand, what they are doing and why. This new edition includes: - New content on the current political, social and counselling context surrounding alcohol use - A wider range of case-studies - New ideas that help students and trainees develop the skills and strategies they need for working with their clients - Further guidance for generic or non-alcohol counsellors who face alcohol problems with their clients. This third edition is an invaluable resource for practitioners, both those specialising in work with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice.

Treating Alcohol and Drug Problems in Psychotherapy Practice - Arnold M. Washton 2011-11-14

Written specifically for the office-based psychotherapist, this practical guide describes how to detect, assess, diagnose, and treat clients presenting with a range of alcohol and drug problems. Detailed is an integrated, flexible psychotherapeutic approach that emphasizes building a strong therapeutic relationship, engaging clients "where they are," and addressing substance use within the larger context of their lives. The authors describe in very pragmatic terms how to use a combination of motivational, cognitive-behavioral, 12-step, and psychodynamic techniques with clients in different stages of change. Techniques are brought to life with numerous case vignettes, and appendices include reproducible client forms and handouts.

Counselling the Person Beyond the Alcohol Problem - Richard Bryant-Jefferies 2001

Through his work with problem drinkers, Richard Bryant-Jefferies has developed a person-centred approach to counselling that encourages a change of lifestyle. This work shows how client-focused counselling can support problem drinkers.

Empowerment Series: Understanding Generalist Practice - Karen K. Kirst-Ashman 2016-12-05

Organized around the coherent and cohesive Generalist Intervention Model, this guide to generalist social work practice incorporates the knowledge, skills, and professional values needed to work with individuals and families, as well as the foundation to work with groups, communities, and organizations. Updated with new material on empathy, interdisciplinary collaboration, working with LGBTQ clients and clients with disabilities, and other topics, the book focuses on micro levels of social work practice while also discussing the interrelationship among the micro, mezzo, and macro levels. Part of the Brooks/Cole Empowerment Series, UNDERSTANDING GENERALIST PRACTICE, 8th Edition, clearly identifies content related to the latest Council on Social Work Education (CSWE) Educational Policy and Accreditation Standards (EPAS) with icons throughout the text. Learning objectives, correlated to chapter headings and summaries, guide

students' reading and reinforce their understanding. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Counsellors in Health Settings - Kim Etherington 2001

Focusing on the experiences of counsellors themselves, this book is a comprehensive resource for counsellors working in health contexts and for the health professionals who work with them, and may take on counselling roles, which will inform and improve their work.

Overcoming Alcohol Use Problems - Elizabeth E. Epstein 2009-04-27

Problems with alcohol use are common and often occur with other psychological and social problems as well. Left untreated, alcohol use disorder can have significant impact on a person's functioning, health, and relationships. This cognitive-behavioral treatment has been scientifically proven to help individuals achieve and maintain abstinence. The treatment protocol has been developed with the benefit of each author's 25+ years of clinical experience in treating substance abusers; it is user-friendly and easy to deliver in a clinically meaningful way. Rooted in the client's individualized asse.

Counselling a Survivor of Child Sexual Abuse - Richard Bryant-Jefferies 2003

This text provides insights into the experience of working with a client who is a survivor of child sexual abuse. It demonstrates the application of person-centred counselling theory in this context by using fictitious dialogue.

Counselling the Person Beyond the Alcohol Problem - Richard Bryant-Jefferies 2001-08-15

At the heart of Richard Bryant-Jefferies' work with problem drinkers is his belief in the power and effectiveness of the person-centred approach to counselling. He suggests that many alcohol problems develop out of, or are connected with, relationship difficulties. He highlights the importance of building a therapeutic relationship with the person, and of engaging with their individuality to encourage sustainable lifestyle change underpinned by personal growth. This practical book shows how such client-focused counselling can support problem drinkers who are seeking to develop and sustain a less alcohol-centred way of life. Demonstrating how the client-counsellor relationship can be harnessed to empower the individual to help themselves, Richard * describes the health risks and effects on family life of alcohol dependency * considers the differences between young and old problem drinkers * analyses the support services available to those seeking change * suggests ways of coping with relapse. Supported by contributions from clients who have undergone counselling for alcohol reliance, this is a comprehensive and positive guide for people working with those who have a problematic relationship with alcohol.

Addictions Counseling - Cynthia A. Faulkner 2019-01-25

"This book is a unique approach in that it follows a client through the counselling process (intake, assessment, individual, group, family counselling, and then discharge and relapse prevention planning). Along the way, readers are introduced to theories, techniques and hands-on examples of what is required in the counselling process"--

Addictions Counseling - Dianne Doyle Pita 2004

A wholly revised and updated edition of the book widely read by professional counselors as well as those who do the work of counselors, such as ministers, teachers, and nurses.

Counselling a Recovering Drug User - Richard Bryant-Jefferies 2003

This text highlights the complexities of dealing with people who have a drug-related problem and offers an insight into the world of drug users and the counselling process. It also provides an explanation of Carl Rogers' counselling model.

Chemical Dependency Counseling - Robert R. Perkinson 2016-08-11

The best-selling Chemical Dependency Counseling: A Practical Guide provides counselors and front-line mental health professionals with the information and skills they need to use evidence-based treatments, including motivational enhancement, cognitive behavioral therapy, skills training, medication, and 12-step facilitation. Guiding the counselor step by step through treatment, author Robert R. Perkinson presents state-of-the-art tools, forms, and tests necessary for client success while meeting the highest standards demanded by accrediting bodies. The Fifth Edition of this landmark text has been updated to include coverage of current topics of concern for counselors, including full compliance with DSM-5, new coverage of steps 6 - 12 in 12-step facilitation, discussions on synthetic and designer drugs, new psychotherapeutic medications, new survey data on patterns of use and abuse, a list of online recovery support groups for clients, and a new section on Recommendations for a Successful First Year in Recovery. About the Author Robert R. Perkinson is the clinical director of Keystone Treatment Center in Canton, South Dakota. He is a licensed psychologist; licensed marriage & family therapist; internationally certified alcohol and drug counselor; and a nationally certified gambling counselor and supervisor. In addition to the best-selling Chemical Dependency Counseling: A Practical Guide, Fifth Edition, Dr. Perkinson is the author of The Alcoholism and Drug Abuse Client Workbook, Third Edition and The Gambling Addiction Client Workbook, Third Edition.

Facing Addiction in America - Office of the Surgeon General 2017-08-15

All across the United States, individuals, families, communities, and health care systems are struggling to cope with substance use, misuse, and substance use disorders. Substance misuse and substance use disorders have devastating effects, disrupt the future plans of too many young people, and all too often, end lives prematurely and tragically. Substance misuse is a major public health challenge and a priority for our nation to address. The effects of substance use are cumulative and costly for our society, placing burdens on workplaces, the health care system, families, states, and communities. The Report discusses opportunities to bring substance use disorder treatment and mainstream health care systems into alignment so that they can address a person's overall health, rather than a substance misuse or a physical health condition alone or in isolation. It also provides suggestions and recommendations for action that everyone-individuals, families, community leaders, law enforcement, health care professionals, policymakers, and researchers-can take to prevent substance misuse and reduce its consequences.

Motivational Enhancement Therapy Manual - 1992

Workplace Counselling in the NHS - Richard Bryant-Jefferies 2019-08-08

This book has been written specifically to meet the needs of counsellors and trainers working with the National Health Service. It will also provide useful insights for doctors, nurses, and managers within the healthcare sector. The book covers topics such as, difference and diversity, colour, language barriers, oppressed nurses, stressed managers, changes in the NHS, exhaustion and late cancellations. Adopting the unique approach of the Living Therapy series, this book uses fictitious dialogues to enable the reader to directly experience the therapeutic process, providing real insight into the experience of workplace counselling in the NHS and also in other work settings.

Narrative Means to Sober Ends - Jonathan Diamond 2002-08-19

Working with clients who abuse drugs or alcohol poses formidable challenges to the clinician. Addicted persons are often confronting multiple, complex problems, from the denial of the addiction itself, to legacies of early trauma or abuse, to histories of broken relationships with parents, spouses, and children. Making matters more confusing, the treatment field is too often splintered into different approaches, each

with its own competing claims. This eloquently written book proposes a narrative approach that builds a much-needed bridge between family therapy, psychodynamic therapy, and addictions counseling. Demonstrated are innovative, flexible ways to help clients form new understandings of what has happened in their lives, explore their relationships to drugs and alcohol, and develop new stories to guide and nourish their recovery.

Beyond the Therapeutic Alliance - 1997

Alcoholism Counseling - Stephen K. Valle 1979

The Last Addiction - Sharon Hersh 2010-07-07

In an age of tell-all addiction memoirs and reality television programs, we gulp down the stories of others in the hope that we, too, can be overcomers—even as we continue to love a person, substance, activity, or ideology too much. As Sharon Hersh writes, “We all suffer from the same condition.” In The Last Addiction, she explores why we are prone to addiction—to make one thing in our lives more central than it should be—and how we can break free of our compulsions. This is not a book of “self-help” answers or “how-to” steps. It is a book about falling down and getting up again, about realizing that we need more than ourselves to be saved. The truth is, we’re not as bad as we think we are—and we are worse than we ever dreamed. When we live between those two realities, we are ready to let go of the last idol: the belief that we can save ourselves. The Last Addiction invites you to see your own story more clearly as you better understand your longing for intimacy. It invites you to love boldly and receive love in return. It invites you to the freedom of redemption.

Group Psychotherapy and Addiction - Bill Reading 2004-09-24

Rich traditions of group therapy permeate the substance misuse field - from residential and day-centre group programmes and the fellowship group tradition to the panoply of support/education and relapse prevention groups offered by out-patient services. There are specialist groups - e.g. art therapy and psychodrama- and groups for special population- e.g. relatives, prisoners and adult children of alcoholics. This important collection is written by many well-known experts, several renowned on the international stage, with perspectives from the UK, USA and Scandinavia. They share their extensive experiences in the conceptualisation, setting up and running of therapy groups. Ultimately, all are concerned in their groups to increase empathic contact and thereby to facilitate opportunities for addicts to embark upon change. With no equivalent UK book of its kind, the reader has a rare opportunity to consider this subject in impressive scope, diversity and depth.

Beyond Addiction - Jeffrey Foote 2014-02-18

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

Counselling Older People with Alcohol Problems - Lesley Wilson 2011-07-15

Alcohol misuse is becoming an increasingly significant issue for people aged 55 and over, and providing effective counselling services to this growing client group requires a unique and specialised approach. This practical guide explores the factors that differentiate older drinkers, and introduces an innovative person-centred model that will help counsellors and other healthcare professionals to give older people with alcohol problems the help and support they need. Older people with alcohol problems often have complex personal histories, and are particularly vulnerable to long-term dependency, social isolation and self-medication. This book explores the influences, patterns and triggers that affect the development and progression of alcohol dependency in this age group, and provides a detailed description of a theoretical model and therapeutic process that has proved successful in practice. Informative case studies demonstrate the approach in action and guidance is also given for working with clients with dementia or mental health problems. This book will prove an invaluable resource for counsellors and other healthcare professionals who encounter alcohol problems in their clinical practice, including clinical psychologists, social workers, occupational therapists and community psychiatric nurses.

Counselling for Alcohol Problems - Richard Velleman 2011-02-07

Counselling for Alcohol Problems, third edition, is a practical and bestselling guide to working with people who have problems with their use of alcohol. It is the key book recommended by most alcohol counselling courses in the UK, including the Scottish national alcohol counsellors training scheme. The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual, attempting to understand and therefore enable the client to understand, what they are doing and why. This new edition includes: - New content on the current political, social and counselling context surrounding alcohol use - A wider range of case-studies - New ideas that help students and trainees develop the skills and strategies they need for working with their clients - Further guidance for generic or non-alcohol counsellors who face alcohol problems with their clients. This third edition is an invaluable resource for practitioners, both those specialising in work with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice.

Group Psychotherapy with Addicted Populations - Philip J. Flores 1997

In this newly revised edition, Philip J. Flores, a highly regarded expert in the treatment of alcoholism and in group psychotherapy, provides you with proven strategies for defeating alcohol and drug addiction through group psychotherapy. For the first time, practical applications of 12-step programs and (ital) psychodynamic groups are jointly explored, jointly explained, and jointly brought into therapeutic use. You'll examine the constructive benefits of group therapy to chemically dependent individuals-- opportunities to share and identify with others who are going through similar problems, to understand their own attitudes about addiction by confronting similar attitudes in others, and to learn to communicate their needs and feelings more directly. Group Psychotherapy with Addicted Populations covers the key areas of group psychotherapy for chemically dependent persons including: alcoholism, addiction, and psychodynamic theories of addiction alcoholics anonymous and group psychotherapy use of confrontational techniques in the group inpatient group psychotherapy characteristics of the leader transference in the group resistance in groups preparing the chemically dependent person for group the curative process in group therapy Along with his powerful chapters that emphasize the positive and constructive opportunities group psychotherapy brings to the chemically dependent individual, Flores has added these new sections: integrating a modern analytic approach a discussion of object relations theory group psychotherapy, AA, and twelve-step programs diagnosis and addiction treatment treatment issues at early, middle, and late stages of treatment a discussion of guidelines and priorities for group leaders countertransference special considerations of resistance to addiction termination of treatment Those working in group therapy will find this expanded second edition a valuable resource for better recognizing and serving their group members' needs, and they will feel a sense of fulfillment as Flores reaffirms the positive effects of group psychotherapy.

Social Behaviour and Network Therapy for Alcohol Problems - Alex Copello 2009-06-19

Highly Commended in the Psychiatry category at the 2010 BMA Medical Books Awards! This book serves as a manual for clinicians working with people with alcohol problems. The manual is based on previous research in addiction treatment, including family and social network interventions, as well the authors' own work developing and evaluating Social Behaviour and Network Therapy (SBNT) for example in the United Kingdom Alcohol Treatment Trial (UKATT). Containing a range of ideas the book is guided by a key principle: the development of social support for a positive change in drinking behaviour. Divided into three sections topics include: an introduction to the evidence base underpinning SBNT core components of the treatment common questions asked about the intervention. Featuring a series of practical handouts, this book will be essential reading for clinicians, counsellors, nurses, psychologists and all those involved in the treatment of alcohol misuse and dependence.

Recovery from Alcoholism - Jerome David Levin 1991

A book about drinking and about sobriety. It is about drinking too much and what to do about it. The author is a psychoanalyst who has been working with heavy drinkers, alcoholics and their families for 20 years.

Counselling for Eating Disorders in Men - Richard Bryant-Jefferies 2005

Focusing on men whose eating habits have generated side effects on other aspects of their lives - such as work, health and family - this text uses fictitious dialogue in order to illustrate the person-centred approach, enabling the reader to experience the diverse and challenging issues which surround patients.

Beyond Addiction - Jeffrey Foote 2014-12-30

"The most innovative leaders in progressive addiction treatment in the US offer a groundbreaking, science-based guide to helping loved ones overcome addiction problems and compulsive behaviors. The New Road to Recovery eschews the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help their loved ones change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, The New Road to Recovery defines a new, empowered role for friends and family and a paradigm shift for the field. Learn how to tap the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life and discover many different treatment options along with tips for navigating the system. And have hope: this guide is designed not only to help someone change, but to help someone want to change"--

Behavioral Couples Therapy for Alcoholism and Drug Abuse - Timothy J. O'Farrell 2006-08-16

This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. Provided are all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters. The large-size format and lay-flat binding facilitate photocopying and enhance the book's clinical utility.

Counseling and Therapy With Clients Who Abuse Alcohol or Other Drugs - Cynthia E. Glidden-Tracey 2005-03-23

Every day, huge numbers of people use drugs or alcohol for recreation, medication, celebration, stress management, social lubrication, or escape. The abuse of psychoactive chemicals touches individual lives in countless ways, and clients frequently hint in therapy sessions at problems related to substance misuse. But historically, substance abuse treatment has been regarded as a separate specialty, for which students and trainees often prepare along tracks different from those leading to licensing or certification as psychotherapists. Few non-specialists feel completely competent and willing to grapple closely with the issues these clients present, in spite of the fact that such problems are quite frequent among client populations. In this book, Cynthia Glidden-Tracey lays out an integrated, holistic, and effective approach to clients' inevitably intertwined problems, which encourages all practitioners to develop skills for detecting, assessing, and addressing substance use whenever concerns about it emerge in the course of therapy. She describes the frequent co-occurrence of substance misuse and other mental health problems, reviews therapy models and current professional questions, and empowers practitioners with the latest scientific knowledge about the causes and effective treatment of addictions. Throughout, her points are grounded in rich clinical examples.

Behavioral Treatment of Alcohol Problems - M. Sobell 2013-03-09

Ideas about the nature of alcohol problems have been undergoing dramatic change over the past several years. This book summarizes the clinical research we have conducted over the past eight years; research which has evoked controversy and which, we hope, will be evaluated as having been influential in the development of a scientific approach to the clinical treatment of alcohol problems. Although we reference many studies from the general behavioral literature on alcohol problems, we make no pretense of presenting a thorough review of that literature. By and large, this book focuses on the research we have conducted, the rationale for that approach, and a detailed discussion of methods and results which cannot be presented in journal articles. The book begins by giving the reader a perspective on traditional concepts in the alcohol field, and why those concepts are now being challenged. Within that conceptual framework, we then trace the development and sophistication of our clinical research, presenting for the first time in a single work a complete consideration of the rationale, methods, and results of the study of Individualized Behavior Therapy (IBT) for alcoholics. Following a discussion of many of the more subtle aspects of that study and its results, we describe how IBT can be used in an outpatient setting-the setting in which we have

conducted clinical research for the last six years.

Treating Alcohol Problems - Frederick Rotgers 2006-06-05

This handy guide provides a single source of evidence-based methods for assessing and treating alcohol problems. Part of the Wiley Series on Treating Addictions, *Treating Alcohol Problems* offers the latest evidence-based guidance on effectively diagnosing and treating the full spectrum of problems related to drinking. Whether you are an addiction counselor, mental health professional, or physician, you can use this all-in-one guide as a stepping-stone to seek out and develop better treatment options for your clients. Bringing treatment approaches into harmony with scientific findings, *Treating Alcohol Problems* summarizes methods proven to be successful. Written in a clear and accessible style, the text focuses on presenting the information most directly useful for helping clients. This handy guide is ideal for training and continuing education, as a refresher for seasoned professionals, and as a useful primer for all who come into contact with individuals suffering from alcohol abuse. Coverage includes: Conceptual foundations—defining alcohol problems Identifying alcohol problems Assessment and treatment planning Treatment tools, programs, and theories When and how clients should be discharged to aftercare Increasing recovery success Culture, coaching, and change—moving beyond alcohol problems Finding and getting the best out of professional resources Supporting this expert coverage, the reader-friendly series format features quizzes, checklists, diagrams, "Research Frontier" boxes, problem-solving scenarios, "Dos and Don'ts" lists, "Test Yourself" questions, suggested resources, and more. These tools help you reinforce your understanding and integrate this knowledge into your practice. In addition, a thorough bibliography and appendix provide lists of contacts for self-help groups, residential and outpatient treatment programs, support groups, Websites, and reading material. *Treating Alcohol Problems* is an essential resource for mental health professionals, as well as an indispensable study guide for students in psychology and social services courses.

Broadening the Base of Treatment for Alcohol Problems - Institute of Medicine 1990-02-01

In this congressionally mandated study, an expert committee of the Institute of Medicine takes a close look at where treatment for people with alcohol problems seems to be headed, and provides its best advice on how to get there. Careful consideration is given to how the creative growth of treatment can best be encouraged while keeping costs within reasonable limits. Particular attention is devoted to the importance of developing therapeutic approaches that are sensitive to the special needs of the many diverse groups represented among those who have developed problems related to their use of "man's oldest friend and oldest enemy." This book is the most comprehensive examination of alcohol treatment to date.

Understanding and Counseling Persons with Alcohol, Drug, and Behavioral Addictions - Howard John Clinebell 1998

1. who are alcoholics and drug addicted persons some working definitions 2. multiple causes of addiction, multiple levels of prevention 3. understanding drug dependence 4. behavioral or process addictions: understanding and helping 5. understanding and helping those at special risk of addiction 6. how religion helps low bottom alcoholics and drug addicts 7. alcoholics anonymous: still our greatest resource 8. other paths to recovery and beyond 9. the psychosocial dynamics of religious approaches to alcoholism and other drug addictions 10. understanding ethical issues in addiction and recovery 11. preparation for counseling alcoholics and other addicted persons 12. counseling for recovery and beyond: motivating and beginning the process 13. counseling for recovery and beyond: basic methods 14. counseling with families for recovery: a systems approach to codependency 15. developing effective addiction treatment and prevention programs: a strategic opportunity for religious organizations.

Behavioral Couples Therapy for Alcoholism and Drug Abuse - Timothy J. O'Farrell 2012-03-12

This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. Provided are all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce

relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters. The large-size format and lay-flat binding facilitate photocopying and enhance the book's clinical utility.

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) - U.S. Department of Health and Human Services 2019-11-19

Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

Clinical Supervision in Alcohol and Drug Abuse Counseling - David J. Powell 2007-07-20

"The perfect handbook for the clinical supervisor." —Nancy Waite-O'Brien, director, Education and Training, Betty Ford Center "An outstanding contribution to the professional well-being of the addiction field." —Thomas McGovern, editor, *Addiction Treatment Quarterly* "Forever useful." —S. Beckett, education and training coordinator, National Association of Alcohol and Drug Abuse Counselors

Social Behaviour and Network Therapy for Alcohol Problems - Alex Copello 2009-06-19

This book serves as a manual for clinicians working with people with alcohol problems. Containing a range of ideas the book is guided by a key principle: the development of social support for a positive change in drinking behaviour.

Learning the Language of Addiction Counseling - Geri Miller 2020-12-22

FULLY REVISED, COMPREHENSIVE, AND PRACTICAL BOOK OF THE THEORY AND PRACTICE OF ADDICTION COUNSELING *Learning the Language of Addiction Counseling*, Fifth Edition introduces mental health professionals and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction. Drawing from her years of experience in working in the addiction counseling field as a counselor, trainer and educator, Geri Miller provides an engaging, balanced overview of the major theoretical foundations and clinical best practices in the field. Fully updated, the fifth edition offers a compassionate accountability, practice-oriented counseling framework and features: A research-based clinical application approach to addiction counseling that practitioners can turn to for fundamental, practical, clinical guidelines. Revised chapters that reflect important changes in research and practice, including new assessment instruments and new and expanded treatments. Additional case studies, interactive exercises, key points and other resources that facilitate the integration of knowledge into practice. A new chapter of "Supervision and Mentoring". Revised "Personal Reflections" section at the beginning of each chapter that provide an invaluable, unique perspective on the author's view of addiction counseling. Updated and expanded Instructor Resources that include brief video clips, PowerPoint slides, test bank questions for each chapter, and sample syllabi. From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction counseling professional, this comprehensive book covers essential components required to work as a professional in the field of addiction counseling.

Harm Reduction Psychotherapy - Andrew Tatarsky, PhD 2007-06-10

Harm reduction is a framework for helping drug and alcohol users who cannot or will not stop completely. The majority of users reduce the harmful consequences of use. Harm reduction accepts that abstinence may be the best outcome for many but relaxes the emphasis on abstinence as the only acceptable goal and criterion of success. Instead, smaller incremental changes in the direction of reduced harmfulness of drug use are accepted. This book shows how these simple changes in emphasis and expectation have dramatic implications for improving the effectiveness of psychotherapy.